



REPLY TO
ATTENTION
OF:

AFZX-SA

DEPARTMENT OF THE ARMY
HEADQUARTERS, JOINT READINESS TRAINING CENTER AND FORT POLK
6661 WARRIOR TRAIL, BUILDING 350
FORT POLK, LOUISIANA 71459-5339

JUN 22 2009

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Independence Day Safety Message 2009

1. Independence Day is the day we commemorate the independence of the United States of America from Great Britain. The United States represented itself as a sovereign nation when the second Continental Congress adopted the Declaration of Independence on July 4, 1776. As you celebrate those who fought and died in the Revolutionary War, do not forget about those Americans still involved in combat for the freedom of others.

2. Drive safely!

Excessive speed, fatigue, alcohol and not buckling up continue to be the predominant causes of injury and death on our highways. The combination of alcohol and driving is a well-documented and inexcusable risk. Do not take it. As the vehicle commander, ensure everyone is buckled up and don't stretch your driving day – plan to stop and stay in a hotel. One or two seconds of drowsiness behind the wheel can be fatal.

3. Holiday fun starts with your commitment to safety.

a. Before riding an ATV or motorcycle, ensure the operator is properly trained. Wear your safety gear. Brightly colored clothing, i.e. orange or fluorescent neon green or yellow is required in accordance with Command Policy Memorandum SA-03, Motorcycle Safety Requirements, 28 January 2009. Even during the day, reflective material adds contrast to your clothing. Visibility is the key to survival. Reflective or high contrast riding jackets with spinal protection are highly recommended.

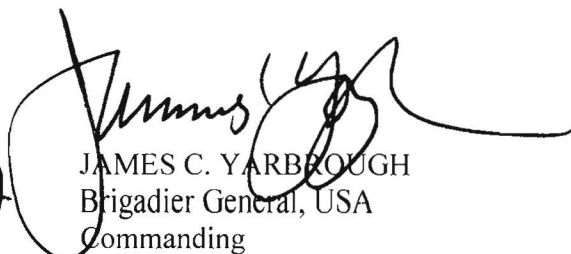
b. Barbeque/fireworks safety: Never squirt lighting fuel on hot charcoal. Properly dispose of all charcoal. Adults should use protective equipment when using legal fireworks. Obtain training from Safety and Fire personnel first.

c. Water Sports: Avoid alcoholic beverages when in control of your boat. Have all occupants wear their personal floatation devices (PFDs). A boater's safety course is a good first step in your Family's safety and fun on the water.

4. Enjoy this day without unnecessary and unacceptable risks. Act responsibly, celebrate with pride and make good decisions. Engage your Soldiers with Pine Tree Counseling to make this a safe and enjoyable holiday.

*Leaders – engage your
Soldiers and have them
make the right decisions, be
responsible, and return to duty
safely –*

DISTRIBUTION: A+


JAMES C. YARBROUGH
Brigadier General, USA
Commanding